Inter-HE 301: Special Topics in Human Ecology
Religious Studies 200-02: The Art and Science of Human Flourishing

The Art & Science of Human Flourishing

Explore what it means to lead a life of flourishing and acquire the knowledge and skills that can help you realize that life

What is the purpose of your education? How does it relate to creating a flourishing life, one filled with deep satisfaction, well-being, resilience and accomplishment? What can we learn from science and the humanities about the varieties of human flourishing and its key ingredients, and how can you develop your own personal vision of that life? And what skills and knowledge would you need to realize that vision? This course aims to assist you in finding your own answers to these questions so that you can build a sustainable foundation for flourishing during your undergraduate years and beyond in your personal, civic, and professional life.

You will engage with perspectives from the sciences and humanities in conjunction with contemplative practices - working directly with your ideas, emotions, cognitive abilities such as attention, and social capacities such as compassion. The goal is to facilitate expanded self-awareness, enhanced social connectivity and a greater ability to work with your own inherent capacity to change so as to become more resilient, flexible, balanced, and caring. Based on four key modules—awareness, connection, wisdom, and integration—we will explore the cultivation of flourishing in fourteen qualities, along with related skills and contemplative methods. We aim to prepare you to learn more effectively in the classroom, form more healthy and caring relationships in your personal lives, perform at more optimal levels in your chosen professions, increase your sense of well-being, and find purpose and passion in your studies, lives, and careers.

2019 FALL

INSTRUCTORS
Richard Davidson
John Dunne

ASSISTANTS
Lucretia Fairchild
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CLASS MEETING
Monday & Wednesday
9:55-10:45am

LAB MEETING
Friday mornings

QUESTIONS?
Contact Scott Anderson
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